



E-Cigarettes (Vapes)
The Facts

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In recent years, e-cigarettes have become a very popular stop smoking aid in the UK. Also known as vapes or e-cigs, they're far less harmful than cigarettes and can help you quit smoking for good.

What are e-cigarettes?

An e-cigarette is a device for inhaling 'vapour' (an aerosol) that usually contains nicotine. It is also known as a vaping device. There are different types and designs of e-cigarettes: some look similar to tobacco cigarettes, while others have a pen-like shape, or a tank-style shape with a mouthpiece.



What do e-cigarettes contain & how do they work?

Unlike normal cigarettes, e-cigarettes don't contain tobacco. E-cigarettes contain a battery, a heater and e-liquid. The e-liquid usually consists of nicotine dissolved in propylene glycol or glycerine and added flavourings. Heating the e-liquid produces the 'vapour', which delivers nicotine into your body when inhaled.



Will e-cigarettes help me quit smoking?

At the beginning of 2019 a research team, led by Professor Peter Hajek of Queen Mary University of London, published the results of a randomised trial that showed not just that e-cigarettes were helpful in quit attempts, but that they were almost twice as effective as the 'gold standard' combination of nicotine replacement products they were compared with.



Facts at a Glance

Research into the impact of e-cigarettes (vapes) & e-liquid shows:

Vaping is 95% less harmful than smoking



A typical vaper has 97% less cancer causing chemicals than a typical smoker



E-cigarettes are twice as effective as Nicotine Replacement Therapies



Second-hand vapour does NOT harm those around you



Vaping doubles the chance of you successfully quitting smoking



Vaping helps 20,000 people quit smoking every year.



If you use an e-cigarette alongside expert support from your local FREE Stop for Life Devon service, you'll increase your chances of successfully quitting smoking

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Call free on **0800 122 3866**
www.stopforlifedevon.org



With the help of Stop for Life Devon,
you're 3x more likely to quit for good

Stop for Life Devon have helped people
from right across Devon to stop smoking,
and we can help you too.

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Stop for Life Devon are a team of trained
health coaches who can give you FREE expert
advice and support to quit smoking for good.

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